CLAIMS LISTING

This listing of claims replaces all prior versions, of claims in the application:

1.(previously presented) A flexible elongated exercise device for use in the exercise of the human body, having variable resistance to bending in any direction including:

an elongated extruded flexible thermoplastic tube containing essentially no continuous reinforcing fibers, said tube having opposite ends and a cylindrical interior surface defining a round section cavity, said tube being bendable in the shape of a semicircle without kinking, when bending forces are applied to the ends of said tube by grasping said tube at or near the ends of said tube,

an elongated pultruded flexible rod fitting loosely within said round section cavity and extending longitudinally substantially coextensive with the length of said tube, said rod providing said exercise device with primary bending resistance and having a rectangular cross section shape with a major axis, a minor axis and radiused longitudinal edges, said major axis dimension of said cross section of said rod being at least one and one half times the minor axis dimension of said cross section of said rod, said rod rotatively orienting itself to bend about said major axis in the direction in which said tube of said exercise device is bent in response to forces exerted against said radiused edges of said rod by said cylindrical interior surface of said tube and

a closure on each of said ends of said tube.

2.(original) The exercise device of claim 1 wherein said rod is made of one of a group of mixtures including a mixture of thermoplastic resin and longitudinally oriented continuous fibers and a mixture of thermoset resin and longitudinally oriented continuous fibers.

3.(original) The exercise device of claim 2 wherein said longitudinally oriented continuous fibers are selected from the group consisting of type E glass fibers, type A glass fibers, type S-2 glass fibers, Owens Corning 'Advantex' glass fibers, type AR glass fibers, carbon fibers, aramid fibers and polyester fibers.

4.(previously presented) The exercise device of claim 1 wherein the exterior shape of the flexible elongated exercise device is essentially cylindrical.

5.(original) The exercise device of claim 1 in which the length of the flexible elongated exercise device is between 18 inches and 72 inches.

6.(original) The exercise device of claim 1 wherein said flexible tube has an outside diameter between ½ inch and 3 inches.

7.(original) The exercise device of claim 1 in wherein said rod has a percent volume fraction of fiber between 25% and 70%.

8.(original) The exercise device of claim 1 wherein said closure is an end cap.

9.(canceled)

10.(currently amended) A flexible elongated exercise device for use in the exercise of the human body, having variable resistance to bending in any direction including:

an elongated extruded flexible thermoplastic tube containing essentially no continuous reinforcing fibers, said tube having opposite ends and a cylindrical interior surface defining a round section cavity, said tube being bendable in the shape of a

semicircle without kinking, when bending forces are applied to the ends of said tube by grasping said tube at or near the ends of said tube,

an elongated pultruded flexible rod fitting loosely within said round section cavity and extending longitudinally substantially coextensive with the length of said tube, said rod providing said exercise device with primary bending resistance and having a rectangular cross section shape with a major axis, a minor axis and radiused longitudinal edges, said major axis dimension of said cross section of said rod being at least one and one half times the minor axis dimension of said cross section of said rod, said rod rotatively orienting itself to bend about said major axis in the direction in which said tube of said exercise device is bent in response to forces exerted against said radiused edges of said rod by said cylindrical interior surface of said tube and

a closure on each of said ends of said tube; and

~~The exercise device of claim 1~~ having a soft sleeve covering at least nearly the entire length of said tube.

11. (original-withdrawn) The exercise device of claim 1 and further comprising at least one additional rod fitting loosely in said tube, each additional rod being made of one of a group of mixtures including a mixture of thermoplastic resin and longitudinally oriented continuous fibers, a mixture of thermoset resin and longitudinally oriented continuous fibers, a thermoplastic resin containing no fibers and a thermoplastic resin with chopped fibers.

12.(original-withdrawn) The exercise device of claim 1 having at least one additional rod fitting loosely within and substantially coextensive with said tube, said additional rod having a rectangular cross section shape.

13.(original-withdrawn) The exercise device of claim 12 having a thin strip thermoplastic interleaved between said rods.

14.(previously presented) The exercise device of claim 1 wherein said interior surface defining said round section cavity of said flexible tube, when said tube is deformed by application of a bending force to each of its ends, will apply a pressure to only said radiused edges of said rod along part of the length of said rod causing said rod to orient itself within said tube so that said rod will bend around said major axis without the user needing to further change the orientation of said tube.

15.(original) The exercise device of claim 1 wherein said rod is formed by a pultrusion process.

16-18.(cancelled)

19.(previously presented) A flexible elongated exercise device for use in the exercise of the human body, having variable resistance to bending in any direction including:

an elongated flexible plastic tube having opposite ends and a round section cavity,

a rod fitting loosely within said round section cavity and substantially coextensive with the length of said tube, said rod having a rectangular cross section shape,

a lubricant in said cavity to facilitate rotational movement of said rod within said round section cavity of said tube and

a closure on each of said ends of said tube.

20.(previously presented-withdrawn) A flexible elongated exercise device for use in the exercise of the human body, having variable resistance to bending in any direction including:

an elongated flexible plastic tube having opposite ends and a round section cavity,

a rod fitting loosely within said round section cavity and substantially coextensive with the length of said tube, said rod having a rectangular cross section shape,

at least one additional rod of round cross section fitting loosely within and substantially coextensive with said tube and

a closure on each of said ends of said tube.

21.(new) The exercise device of claim 10 wherein said rod is made of one of a group of mixtures including a mixture of thermoplastic resin and longitudinally oriented continuous fibers and a mixture of thermoset resin and longitudinally oriented continuous fibers.

22.(new) The exercise device of claim 21 wherein said longitudinally oriented continuous fibers are selected from the group consisting of type E glass fibers, type A glass fibers, type S-2 glass fibers, Owens Corning 'Advantex' glass fibers, type AR glass fibers, carbon fibers, aramid fibers and polyester fibers.

23.(new) The exercise device of claim 10 wherein the exterior shape of the flexible elongated exercise device is essentially cylindrical.

24.(new) The exercise device of claim 10 in which the length of the flexible elongated exercise device is between 18 inches and 72 inches.

25.(new) The exercise device of claim 10 wherein said flexible tube has an outside diameter between ½ inch and 3 inches.

26.(new) The exercise device of claim 10 in wherein said rod has a percent volume fraction of fiber between 25% and 70%.

27.(new) The exercise device of claim 10 wherein said closure is an end cap.

28.(new-withdrawn) The exercise device of claim 10 further comprising at least one additional rod fitting loosely in said tube, each additional rod being made of one of a group of mixtures including a mixture of thermoplastic resin and longitudinally oriented continuous fibers, a mixture of thermoset resin and longitudinally oriented continuous fibers, a thermoplastic resin containing no fibers and a thermoplastic resin with chopped fibers.

29.(new-withdrawn) The exercise device of claim 10 having at least one additional rod fitting loosely within and substantially coextensive with said tube, said additional rod having a rectangular cross section shape.

30.(new-withdrawn) The exercise device of claim 29 having a thin strip thermoplastic interleaved between said rods.

31.(new) The exercise device of claim 10 wherein said interior surface defining said round section cavity of said flexible tube, when said tube is deformed by application of a bending force to each of its ends, will apply a pressure to only said radiused edges of said rod along part of the length of said rod causing said rod to orient itself within said tube so that said rod will bend around said major axis without the user needing to further change the orientation of said tube.

32.(new) The exercise device of claim 10 wherein said rod is formed by a pultrusion process.

33.(new-withdrawn) The flexible elongated exercise device of claim 19 further having a softsleeve covering at least nearly the entire length of said tube.

34.(new-withdrawn) The flexible elongated exercise device of claim 20 further having a soft sleeve covering at least nearly the entire length of said tube.